



## Standing D1 Extension Lunge

### Purpose:

Improves dynamic stability of the pelvis, lower extremities, and spine.

### Benefit:

Better dynamic stability improves your ability to rotate on stable postures throughout the golf swing

### Instructions:

Place the middle of the tubing in a high point of attachment. Secure one handle and take hold of the other with the hand opposite the side of the tubing. Stand in a good posture with feet shoulder width apart. Start the pull with the hand at opposite shoulder and pull down and across body, finishing with hand at hip on the same side. Then step back with outside leg into a lunge position and then return to standing and slowly return arm up. Maintain a long and tall spine while minimal movement during the exercise. The tubing should be in line with the arm pulling. One of three hand grips may be used. For more resistance, slide further away from the point of attachment. Before starting your exercise, please make sure the point of attachment for the tubing is secure.

### Quantity:

\_\_\_\_\_ side(s) \_\_\_\_\_ x day \_\_\_\_\_ sets \_\_\_\_\_ reps

